



INFORMATION AND FACTS ABOUT THE

EFFORTS PROGRAM

HELP FOR VICTIMS OF DOMESTIC VIOLENCE

What is the EFFORTS Program?

The EFFORTS Program is a non-profit organization supported by the District of Columbia Department of Human Services to provide domestic violence support services to families who are receiving Temporary Assistance for Needy Families (TANF).

Who is Eligible for EFFORTS Services?

Customers who are suffering as a result of a pattern of abusive behaviors in a relationship from one partner in an attempt to gain and or maintain power over the other. The domestic violence can be physical, sexual, emotional, economic, or verbal acts or threats. EFFORTS assists victims with obtaining employment, training, housing, counseling and skills building.

How Do I Know If I Am a Victim?

If you are not sure if you are a victim of domestic violence, there are certain warning signs that should be considered. If you answer "yes" to any of the following questions, EFFORTS may be able to help you:

- Does your partner threaten to hurt you or call you names?
- Does your partner constantly insult you? In front of your children?
- Do you feel isolated from friends and family?
- Does your partner control when and where you go, or what you do?
- Does your partner insist that you spend all of your time with him or her?
- Do you or have you ever had to deal with slapping, choking, pushing, pinching, burning, or any other physical violence?

What Services Does EFFORTS Provide?

EFFORTS provides the following services for victims of domestic violence:

- Telephone Intake Interviews
- Crisis Intervention Counseling
- Information and Referrals
- Psychosocial Assessments
- Individualized Case Management
- Individual Counseling
- Domestic Violence Intervention Education and Support Groups
- Therapeutic Support Groups
- Job Search Assistance Services

How Do I Reach EFFORTS?

EFFORTS is located at 1416 North Capitol Street, NW, Washington, DC. You may call them at (202) 232-7320.

For more information about the EFFORTS Program, please call (202) 232-7322 or (202)629-2720 (hotline)

